

Flavorful Fried Rice

Makes: 6 servings

Add some protein and grains to your dinner with this yummy rice dish. Use brown rice for extra fiber.

Ingredients

2 tablespoons cooking oil (or margarine)
1 cup rice, regular, uncooked
3 tablespoons onion (minced)
1/2 cup carrot (chopped or grated)
2 cups water
4 egg (beaten)
4 egg whites (beaten)
1/4 cup milk, non-fat
1/2 cup peas
2 tablespoons soy sauce

Directions

1. In a frying pan over medium heat, cook rice, minced onion, and carrots in oil, stirring often until lightly browned.
2. Slowly add water. Reduce heat, cover and simmer until liquid is absorbed and rice is tender, about 20 minutes.
3. Beat eggs in bowl. Stir in milk, peas, and soy sauce. Pour over hot rice mixture in fry pan.
4. Cook on medium heat. As mixture begins to thicken, gently draw a spatula across bottom and sides of pan. This allows egg mixture to cook. Continue until eggs are firm.




University of Wisconsin, Cooperative Extension Service, A Family Living Program

Nutrition Information

Nutrients	Amount
Calories	220
Total Fat	8 g
Saturated Fat	2 g
Cholesterol	124 mg
Sodium	403 mg
Total Carbohydrate	30 g
Dietary Fiber	1 g
Total Sugars	2 g
Added Sugars included	0 g
Protein	10 g
Vitamin D	0 IU
Calcium	49 mg
Iron	N/A
Potassium	185 mg

N/A - data is not available

MyPlate Food Groups

	Vegetables	1/4 cup
	Grains	1 ounce
	Protein Foods	1 ounce